

Ancrum Outdoor Activities Kit List

If you are taking part in a full day activity, remember to bring a packed lunch and plenty to drink.

Activities Kit list

Wet Activities

Kayaking Open canoeing Raft Building Gorge Walking White Water Rafting Coasteering

With all the above activities there is a very good chance you will get very wet. You will need to dress so you are warm for the weather on the day with plenty of layers; suitable wet boots shall be provided. You will need a **FULL** change of clothes. Don't forget a towel.

You will need lunch and plenty to drink. More information may be sent out to you depending on the nature of the trip. If you feel you are missing information please contact us.

Do	Don't
<ul style="list-style-type: none">▪ Bring lots of layers, you may get cold▪ Bring sun cream and sun hats▪ Bring a change of clothes, just in case▪ Bring old clothes, they may get muddy or torn▪ Bring any medication you may need. It is of UTMOST IMPORTANCE that the following kit list is adhered to. Instructors may not permit a person to take part in an activity if they do not have the correct kit.▪ Bring snacks and lots to drink▪ Wear synthetic fibres such as fleece and thermals▪ Bring waterproofs	<ul style="list-style-type: none">▪ Wear Jeans▪ Bring Crocks or flip flops to wear on the water▪ Bring anything of value such as iPods etc▪ Wear jewellery▪ Wear cotton where it can be avoided▪ Bring any item that may get damaged▪ Forget a towel▪ Forget you can never have too many clothes just too few

Rock Activities

Abseiling Climbing

You will need to dress so you are warm for the weather on the day with plenty of layers. Helmets, harnesses and appropriate rock shoes shall be provided.

Trainers, walking boots and even wellies can be great to climb in. Bring waterproofs if the weather looks like it could rain. Instructor shall check footwear and supply suitable footwear where necessary. You may need a **FULL** change of clothes and footwear following the activities. Don't forget a towel.

Land Activities

Archery Initiative Exercises Navigation Orienteering Team Development

You will need to dress so you are warm for the weather on the day with plenty of layers. You will need comfortable shoes with good grip, these may get a little wet and muddy; your instructor shall inspect that you have adequate footwear for session and supply centre equipment where necessary. Crocks and flip flops are not suitable. Trainers, walking boots and even wellies are great. You will need a long sleeve top for archery and may even want to bring a change of clothes and footwear so you can change before travelling home. Bring waterproofs if the weather looks like it could rain.

Assault Course Bridge Build Bush Craft

With all the above activities there is a very good chance you will get very muddy and wet. You will need to dress so you are warm for the weather on the day with plenty of layers. You will need shoes you can wear on the water for the assault course and bridge building; your instructor will not let you participate without adequate footwear. Crocks and flip flops are not suitable. You will need a **FULL** change of clothes and footwear following the activities. You may even need two changes depending on your programme. Don't forget a towel. Bush craft clothes may get very smoky.

Guided Walks Mountain Walking

You will need to dress so you are warm for the weather on the day with plenty of layers. You will need shoes you can wear on the hill; your instructor will not let you participate without adequate footwear. Crocks and flipflops are not suitable. Other items will depend on the activities involved, please see the list above.

Quick TickList

Warm clothes (no Jeans)	<input type="checkbox"/>	Extra layers in case it gets cold	<input type="checkbox"/>
Waterproofs	<input type="checkbox"/>	Jacket	<input type="checkbox"/>
Trousers	<input type="checkbox"/>	Sun hat / Woolley Hat	<input type="checkbox"/>
Sun Cream	<input type="checkbox"/>	Food and Drink	<input type="checkbox"/>
Shoes with good grip	<input type="checkbox"/>	A FULL change of clothes	<input type="checkbox"/>
A change of footwear	<input type="checkbox"/>	Towel	<input type="checkbox"/>
Lunch (if required)	<input type="checkbox"/>	Drink	<input type="checkbox"/>
Medication	<input type="checkbox"/>	Medical Form	<input type="checkbox"/>